

the buzz

January 2019

Take Charge of Your Health

It's time to take charge of your health! Regular health exams and tests can find problems before they start. By getting the right screenings and treatments, you are improving your chances to live a better quality of life. Start by making sure you get your annual preventative screenings in 2019. **Preventative Care is covered at 100% under all of the City Medical Plans.**

An expansive list of Preventative Care benefits can be found on page 7 in your **Anthem Medical Booklet**.

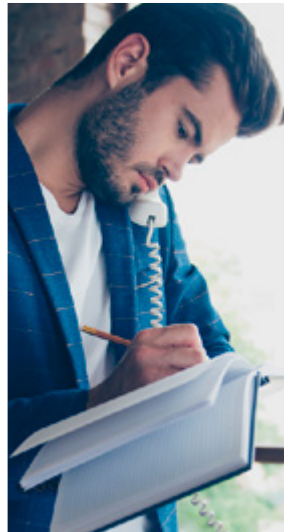
Before your next check-up, make sure you do these five things:

1. Review your family health history.

Are there any new conditions or diseases that have occurred in your close relatives? Family history might influence your risk of developing heart disease, diabetes, cancer or having a stroke. Your provider will assess your risk of disease based on your family history and other factors. **Here** is more information on family history and protecting your health.

2. Find out if you are due for any general screenings or vaccinations.

Have you had the recommended screening tests based on your age, general health and family history? Check with your health care provider to see if it is time for any vaccinations, follow-up exams or tests. Find out what is recommended for you by visiting the **Centers for Disease Control and Prevention**.



3. Write down a list of issues and questions to take to the appointment.

Review any existing health problems and note any changes. This could include:

- Have you noticed any body changes, including lumps or skin changes?
- Are you having pain, dizziness, fatigue, problems with urine or stool or menstrual cycle changes?
- Have your eating habits changed?
- Are you experiencing depression, anxiety, trauma, distress or sleeping problems?

4. Be honest with your provider.

If you have not been taking your medication as directed, exercising or anything else, say so. You may be at risk for certain diseases and conditions dependent on your lifestyle. Help ensure that you get the best guidance by providing the most up-to-date and accurate information.

5. Consider your future

Are there specific health issues like losing weight or quitting smoking that you need to address? Discuss these with your provider so that you can make better decisions regarding your health and safety.

Five Minutes or Less Time for Health

It does not take a big time commitment to be healthy. Try these activities that take less than five minutes:

- Brush and floss your teeth
- Read a food label for nutrition content
- Take a break and walk
- Wash your hands
- Do a skin check for irregularities
- Disinfect surfaces
- Stretch
- Drink water
- Meditate

January Happenings

The City of St. Louis Employee Fitness Center

Location: 1114 Market Street, Seventh Floor, Room 770

Open: 7 a.m.-6 p.m.

Cost: Free to use for employees covered under the City's medical insurance.

Sign-up: Interested employees must sign up to use the fitness center. Please contact Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849.

The Fitness Center can only be used during non-work time and no Bee-Fit time may be used.

Need extra help at the City of St. Louis Employee Fitness Center?

Thursdays in January from 11-11:45 a.m.:

A certified personal trainer will be conducting equipment orientations, teaching members how to exercise with proper form on equipment and providing fitness tips and advice for a safe and effective exercise program.

Thursdays in January from 12-12:45 p.m.:

Personal trainer will teach a group fitness style class leading members through various exercises that can be completed at the Fitness Center. This is a great opportunity to work out as well as learn new exercises specific to the equipment in the Fitness Center.

Please note these classes are for employees who are members at the City of St. Louis Employee Fitness Center.

Thinking about joining a gym outside of work?

Check out these options available to City employees.

	YMCA	Club Fitness
Fee	50% off joining fee and first month dues Join in February 2019 to receive 100% off joining fee and first month dues	\$19.99/month \$0 enrollment fee No contract \$9.99 annual fee
Proof	Present City ID	Present City ID
Free trials	Receive a complimentary 2 week trial	3 Day VIP pass
Contact	Jon Grush at 314-421-8869 x216669 or jon.grush@gwymca.org	866-551-CLUB (2582)
Link	YMCA	Club Fitness

Mission Possible Weigh-Outs

January 14-18

Participants will finish their mission by completing a final weigh-in. Those who did not gain more than two pounds and successfully completed their three missions will be entered into a gift card raffle. Weigh-out schedule will be e-mailed to participants.



Find answers to the below questions in this current January Buzz edition. Submit answers to the questions below by e-mailing Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov, faxing 314-612-1488 or calling 314-622-4849 no later than January 15 to be eligible for entry into the raffle for a Bee-Fit prize.

1. Name 3 examples of preventative care items covered under the City medical plans.
2. What can you do in five minutes or less for your health?
3. What gyms offer a City of St. Louis employee discount?



November Wellness
Trivia Winner
Randy Breitenfeld



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:



BJC HealthCare